

WIC Cooks!

Barbara's Country Egg Scramble

Makes 4 Servings

2 tablespoons olive oil
4 or more green onions, thinly sliced
8 eggs, broken into a bowl,
BUT NOT STIRRED
1-2 cups spinach, chiffonade
2 large Italian tomatoes, seeded and
chopped
4 tablespoons fresh Parmesan or
Romano cheese, finely grated

Optional:

2-4 tablespoons fresh
herbs, chiffonade or 1-2
teaspoon dried herbs. Try
basil, lemon oregano,
thyme or tarragon.



1. Heat oil in heavy skillet. Add onions and sauté for a few minutes. Add herbs, if using, and sauté 1-2 minutes more with onions.
2. Pour in eggs and begin to scramble. Cook until they start to set. Add ½ of spinach and stir into eggs. Add remainder of spinach and stir into eggs.
3. Sprinkle tomatoes over egg/spinach mixture and fold them in.
4. Sprinkle cheese over all, turn off heat or remove from heat source and cover for a couple of minutes. Serve hot!

Nutrition Facts

Serv. size 1/4 of recipe (174g)
Servings 4
Calories 240
Fat Cal. 160

* Percent Daily Values (DV) are
based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 18g	27%	Total Carb. 4g	1%
Sat. Fat 5g	25%	Fiber less than 1g	4%
Trans fats 0g		Sugars less than 1g	
Cholest. 375mg	125%	Protein 15g	
Sodium 240mg	10%		
Vitamin A 45%	Vitamin C 20%	Calcium 15%	Iron 15%

*This material was funded, in part, by USDA's Basic Food Program through Public Health—Seattle & King County.
The Basic Food Program provides nutrition assistance to people with low income.
It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689.
This institution is an equal opportunity provider and employer.*

Public Health
Seattle & King County



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